



*This Do,*  
AND  
THOU SHALT  
LIVE!

Nov. 24-49

Dr. Peckham:-

May you find enjoyment  
in reaching their and be  
an inspiration to you in  
your work and life—  
"A Patient"

# THIS DO, AND THOU SHALT LIVE

*by*

EDMUND T. MEEHAN



*Nihil Obstat:*

ARTHUR J. SCANLAN, S.T.D.,  
*Censor Librorum.*

*Imprimatur:*

✠ FRANCIS J. SPELLMAN, D.D.,  
*Archbishop of New York.*

*New York, August 19, 1943.*

# THIS DO, AND THOU SHALT LIVE

by

EDMUND T. MEEHAN

The author is grateful to "The Family Circle" publication, Newark, N. J. for permission to use the following poems:

"IF WE KNEW," *by Douglas Malloch*  
"WRECKERS," *by H. S. Harp*

~~~~~

SOMEONE has said that there is no short cut to success. He meant business success. Saving one's soul is a business, a very important business, and no doubt the same may be said in its regard: "There is no short cut to success." If there is any short cut at all, the obvious one is:

Keeping God's Commandments. Easy to say, but not always easy to do.

The Ten Commandments can be reduced to two:

(1) Love of God, and (2) Love of neighbor. The first three laws of the Decalogue pertain directly to love of God; the last seven pertain directly to love of neighbor. And when Our Lord says: "Amen I say to you, as long as you did it to one of these my least brethren, you did it to me" (Matthew XXV, 40), it would



seem that if we keep the second of the two great commandments, we are, in a sense, near the goal of perfection.

Love of neighbor, or its synonym Charity, actually forms an obstacle to many who are yearning to do what is right. As they hear certain familiar Biblical passages, they say to themselves: "If I could only remember and practice that, I would be a much better Christian: I would be more like my Exemplar, Christ." Yes, the definition of a Christian in the early days of Christianity, was: "A Christian is another Christ;" and in those times, the pagans, because of the example they witnessed, were forced to exclaim: "How these Christians love one another!" Can the same be said today? "How these Christians love one another!"

We purpose therefore to group together many well-known thoughts and prayers about kindness to, and love of, neighbor, in the hope that having them so assembled, we may frequently consult them, gradually commit them to memory, and slowly but surely make them part and parcel of our daily way of life.

The thoughts are arranged in nine groups. Each group is followed by a short prayer or aspiration. Think, resolve, pray, and proceed slowly. Remember, anent the fulfillment of love of God and neighbor, Our Blessed Lord said "This do, and thou shalt live."

— Luke x, 28.

## GROUP I

(1) "And one of them, a doctor of the law, asked him, tempting him: Master, which is the great commandment in the law? Jesus said to him: Thou shalt love the Lord thy God with thy whole heart, and with thy whole soul, and with thy whole mind. This is the first and greatest commandment.

And the second is like unto this: Thou shalt love thy neighbor as thyself."

— Matthew xxii, 35-39.

(2) "If you love me, keep my commandments."

— John xiv, 15.

(3) "By this shall all men know that you are my disciples, if you have love one for another."

— John xiii, 35.

### *Aspirations:*

"Lord, thou knowest all things, thou knowest that I love Thee."—John xxi, 17.

"My God, I love Thee."

—300 Days' Indulgence.

## GROUP II

(4) "If I speak with the tongues of men and angels, and have not charity, I am become as sounding brass or a tinkling cymbal. And if I should have prophecy, and should know all mysteries and all knowledge, and if I should have all faith, so that I could remove mountains, and have not charity, I am nothing. And if I should distribute all my goods to feed the

poor, and if I should deliver my body to be burned and have not charity, it profiteth me nothing. Charity is patient, is kind; charity envieth not, dealeth not perversely; is not puffed up; is not ambitious; seeketh not her own; is not provoked to anger; thinketh no evil; rejoiceth not in iniquity, but rejoiceth with the truth; beareth all things believeth all things; hopeth all things, endureth all things. — And now there remain faith, hope and charity, these three: but the greatest of these is Charity.” — I Corinthians xiii, 1-7; 13.

(5) “Bear ye one another’s burden, and so you shall fulfill the law of Christ.”

— Galatians vi, 2.

(6) “Amen I say to thee, as long as you did it to one of these my least brethren, you did it to me.”

— Matthew xxv, 40.

(If you do something good for your neighbor, Our Lord accepts it as done to Himself; if something evil, you not only hurt your neighbor, you offend God Himself.)

## P R A Y E R

“My God, I believe in Thee, I hope in Thee, I love Thee above all things with all my soul, all my heart, all my strength: I love Thee because Thou art infinitely good and worthy to be loved; and because I love Thee, I repent with my whole heart for having offended Thee: be merciful to me a sinner. Amen.”—300 Days’ Indulgence.

### GROUP III

(7) "All things, therefore, whatsoever you would that men should do to you, do you also to them: for this is the Law and the Prophets."

— Matthew vii, 12.

(8) "Hast thou heard a word against thy neighbor? Let it die within thee."

— Ecclesiasticus xix, 10.

(9) "Woe to the world because of scandals. For it must needs be that scandals come: but, nevertheless woe to that man by whom the scandal cometh."

— Matthew xviii, 7.

### WRECKERS

*I watched them tearing a building down,  
A gang of men in a busy town,  
With a ho-heave-ho and a lusty yell  
They swung a beam and the side wall fell.  
I asked the foreman, "Are those men skilled  
As the men you'd hire if you had to build?"  
He gave a laugh and said, "No, indeed!  
Just common labor is all I need.  
I can easily wreck in a day or two  
What builders have taken years to do."  
I thought to myself as I went my way,  
Am I a builder who works with care,  
Measuring life by the rule or square?  
Am I shaping my deeds to a well-made plan,  
Patiently doing the best I can?  
Or am I a wrecker who walks the town  
Content with the labor of tearing down?*

—H. S. Harp

### PRAYER

"Lord, let me be an instrument of your peace.



Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy. O Divine Master, grant that I may not so much seek to be consoled as to console; be understood as to understand; be loved as to love; for it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life."

—Prayer of St. Francis of Assisi.

## GROUP IV

(10) "And so you would that men should do to you, do you also to them in like manner. — And if you love them that love you, what thanks are to you? for sinners also love those that love them. — And if you do good to them who do good to you, what thanks are to you? for sinners also do this. — And if you lend to them from whom you hope to receive, what thanks are to you? for sinners also lend to sinners, for to receive as much. — But love ye your enemies; do good, and lend, hoping for nothing thereby: and your reward shall be great, and you shall be called the sons of the Highest; for he is kind to the unthankful and to the evil."

— Luke vi, 31-35.

(11) "I say to you: Love your enemies; do good to them that hate you, and pray for them that persecute and calumniate you. For if you love those that love you, what reward shall you have? Do not even the publicans the same."

— Matthew v, 44, 46.

(12) "If any man say, I love God, and hateth his brother, he is a liar. For he that loveth not his brother, whom he seeth, how can he love God whom he seeth not? And this commandment we have from God, that he who loveth God, love also his brother."

— I John iv, 20, 21.

## P R A Y E R S

"O God, the lover and keeper of peace and charity, grant to all our enemies true peace and true charity; forgive them all their sins, and mightily deliver us from all the snares their craft may set for us."—Roman Missal.

"Our Father—forgive us our trespasses, as we forgive those who trespass against us."

—The Lord's Prayer.

"Father, forgive them for they know not what they do."—Our Lord's First Word on the Cross.

## G R O U P V

(13) "Remember not any injury done thee by thy neighbor, and do thou nothing by deeds of injury."

— Ecclesiasticus x, 6.

"Never does the human soul appear so strong as when it foregoes revenge and dares to forgive an injury."

— Selected.

"Revenge not yourselves, my dearly beloved; but give place unto wrath, for it is written: Revenge is mine, I will repay, saith the Lord. But if thy enemy be hungry, give him to eat; if he thirst, give him to drink. For doing this,

thou shalt heap coals of fire upon his head. Be not overcome by evil, but overcome evil by good."

— Romans xii, 19-21.

(14) "You have heard that it was said to them of old: Thou shalt not kill. And whosoever shall kill, shall be in danger of the judgment. But I say to you that whosoever is angry with his brother, shall be in danger of the judgment. And whosoever shall say to his brother, Raca, shall be in danger of the Council, And whosoever shall say, Thou fool! shall be in danger of hell-fire. If therefore thou offer thy gift at the altar, and there thou remember that thy brother hath anything against thee, leave there thy offering before the altar, and go first to be reconciled to thy brother; and then, coming, thou shalt offer thy gift."

— Matthew v, 21-24.

## TURNING THE OTHER CHEEK

(15) "You have heard that it hath been said: An eye for an eye, and a tooth for a tooth. But I say to you not to resist evil: but if one strike thee on thy right cheek, turn to him also the other."

— Matthew v, 38, 39.

## PRAYER

"Almighty and everlasting God, grant unto us an increase of faith, hope and charity: and that we may deserve to obtain what thou dost promise, make us to love what thou commandest."

—Roman Missal.

## GROUP VI

(16) "Be ye merciful, as your father also is merciful. Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you shall be forgiven. . . . And why seest thou the mote in thy brother's eye, but the beam that is in thy own eye, thou considerest not? or how canst thou say to thy brother, Brother, let me pull the mote out of thy eye, when thou thyself seest not the beam in thy own eye? Hypocrite, cast first the beam out of thy own eye, and then shalt thou see clearly to take out the mote from thy brother's eye." — Luke vi, 36, 37, 41, 42.

### IF WE KNEW

*If we really knew the fellow  
That we talk about so much,  
Then the hardest heart would mellow  
With a little kinder touch.  
We should speak about his error,  
Should a fellow chance to fall;  
We would talk a little fairer,  
Or we wouldn't talk at all.*

*But we add a lot of rumor  
To a little bit of fact,  
And the ultimate consumer  
Adds whatever we have lacked.  
Yes, we add a little to it,  
For we nearly always can,  
But I doubt if we would do it  
If we really knew the man.*



*If we really knew another  
As ourselves we really know,  
When man criticized a brother,  
We would say it wasn't so.  
For a lie a mile a minute  
Often traveled, often grew,  
But there may be nothing in it,  
If the man we really knew.*

*When the jealous bring a story,  
When the little rumors start  
That may dim another's glory  
Or may break another's heart,  
Then we carelessly receive them  
Never question, never scan,  
But we never would believe them,  
If we really knew the man!*

*—Douglas Malloch.*

"The only time I am apt to be wholly wrong is when I think I am absolutely right."

— Former Vice-President Marshall.

(17) "There is neither Jew nor Greek; there is neither bond nor free; there is neither male nor female; for you are all one in Christ Jesus."

— Galatians iii, 28.

(18) "To love one's neighbor as oneself is a greater thing than all holocausts and sacrifices."

— Mark xii, 33.

## P R A Y E R

"O God, the giver of peace and the lover of charity, bestow upon us thy servants truly to be united in submissiveness to Thy holy will, and thereby to be delivered from all temptations which beset us."—Roman Missal.

## GROUP VII

### IT COVERS A MULTITUDE OF SINS

(19) "Before all things have a constant mutual charity among yourselves: for charity covereth a multitude of sins." — I Peter iv, 8.

### THE GOOD SAMARITAN

(20) "Which of these three, in thy opinion was neighbor to him, that fell among robbers? But he said, He that showed mercy to him. And Jesus said to him, Go, and do thou in like manner." — Luke x, 36, 37.

Whatever be the vocation of each one of us, we are all concerned with the word of St. John of the Cross: "When the evening of this life comes, we shall be judged on *love*."

### WHICH?

*Would'st thou be wretched?*

*'Tis an easy way;*

*Think of but self, and self alone all day,*

*Think of thy pain, thy grief, thy loss, thy care,*

*All that thou hast to do, or feel, or bear,*

*Think of thy good, thy pleasures and thy gain,*

*Think only of thyself, 'twill not be in vain.*

*Would'st thou be happy?*

*Take an easy way,*

*Think of those around thee—*

*live for them each day,*

*Think of their pain, their loss, their grief, their care,*

*All that they have to do, or feel, or bear;*

*Think of their pleasure, of their good, their gain,*

*Think of those around thee—'twill not be in vain.*

*Anon.*

## THE WOMAN TAKEN IN SIN

(21) "And said to him: Master, this woman was even now taken in adultery. Now Moses in the law commanded us to stone such a one, but what sayest thou? . . . He . . . said to them: He that is without sin among you, let him first cast a stone at her. But they hearing this, went out one by one, beginning with the eldest."

— John viii, 4-9.

## PRAYER

"O My God, I love Thee above all things, with my whole heart and soul, because Thou art all-good and worthy of all love. I love my neighbor as myself for the love of Thee. I forgive all who have injured me, and ask pardon of all whom I have injured."

## GROUP VIII

### THE GOLDEN RULE

(22) "See thou never do to another thou wouldst hate to have done to thee by another."  
— Tobias iv, 16. In other words: Do unto others as you would have others do unto you.

*What kind of place do you think this would be  
If just for one day we should all agree  
To live by the Golden Rule?*

*If we'd do unto all as we wish that they  
Should do unto us in work and in play*

*On the street, or at home, or at school.  
The world would seem like a heavenly place,  
The smiles of gladness would shine on each face,  
And all men would be our friends,*

*Do you think we would ever go back again  
To living at strife with our fellow men  
And working for selfish ends? —Anon.*

(23) "Behold how good and how pleasant it is for brethren to dwell together in unity."  
— Psalm cxxxii, I.

Thrice blessed are they who are pleasant to live with. They are a blessing to themselves, to those with whom they live, and to the world at large. Along this line, a thoughtful writer has said: "There is a beautiful and an ugly way in which to say almost everything, and happiness depends on which way we take. You can upset a person for a whole day by the harsh way in which you may salute him in the morning, or you may give him a fine start by the cheeriness of your greeting. So not only in words, but in all the little common courtesies and duties of life, think of the *better* way of doing each."

(24) "If a man habitually has kind thoughts of others, and that on supernatural motives, he is not far from being a saint."

— Father Faber.

## P R A Y E R

"O God, who, by the grace of the Holy Spirit, hast infused into the hearts of thy faithful the gifts of charity: grant to thy servants upon whom we implore Thy mercy, health both of body and soul, that with all their strength they may love Thee, and with all their hearts seek to do Thy will."

—Roman Missal.



## GROUP IX

(25) "Charity is the deepest view of life, and nearest to God's view; . . . the only view which is true at all." — Father Faber.

(26) "Now, kind interpretations are imitations of the merciful ingenuity of the Creator finding excuses for His creatures . . . God is so merciful precisely because He is so wise; . . . kindness is our best wisdom, because it is an image of the wisdom of God. . . . How many times in life have we been wrong when we put a kind construction on the conduct of others? . . . But in the case of harsh judgments we find we often fall into the sin of which we have judged another guilty, although it is not perhaps a sin at all common to ourselves. . . . The interior beauty of a soul through habitual charitableness of thought is greater than our words can tell. To such a man life is a perpetual bright evening, with all things calm, and fragrant, and restful. The dust of life is laid, and its fever cool. All sounds are softer, as is the way of evening, and all sights are fairer and the golden light makes our enjoyment of earth a happily pensive preparation for heaven." — Father Faber.

(27) ". . . There are multitudes in heaven today who are there because of kind actions: many are there for doing them, many for having them done to them." — Father Faber.

## PRAYER

"Pour into us, O Lord, the spirit of Thy charity, that Thou wouldst make those whom Thou hast richly fed upon One Heavenly Bread of one heart in loving kindness."—Roman Missal.

## CONCLUSION

To sum up these various thoughts in a word, let us say with St. Paul:

### "CHARITY THINKETH NO EVIL"

If we are reasonable individuals, then words and acts follow only our thoughts, if the thoughts are controlled, we shall have little to worry about. So far then as the negative side of the subject is concerned: "Charity thinketh no evil."

As for the positive side, looking at the example of our ever considerate and charitable Master, let us heed His words: "Go, and do thou in like manner." Imitate Him, and our thoughts, words and deeds of loving kindness to those about us, will know no bounds.

### "THIS DO, AND THOU SHALT LIVE"

— Luke x, 28.



*Published By*

THE CATHOLIC INFORMATION SOCIETY  
214 West 31st St., New York City  
(OPPOSITE PENN TERMINAL)





**NEVER DESTROY GOOD PRINT.**  
*Pass It from Person to Person. Thanks!*

